UCOOK

Chicken & Tzatziki Wrap

with marinated tomato in a balsamic dressing

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Calorie Conscious: Serves 1 & 2

Chef: Ethan Shahim

Nutritional Info	Per 100g	Per Portion
Energy	326kJ	1973kJ
Energy	78kcal	472kcal
Protein	7.8g	47.1g
Carbs	8g	49g
of which sugars	3g	16g
Fibre	2g	9g
Fat	1.5g	8.8g
of which saturated	0.5g	3g
Sodium	131mg	791mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
2.5ml	5ml	NOMU Poultry Rub
80g	160g	Baby Tomatoes *rinse & halve*
20g	40g	Pickled Onions *finely slice*
20ml	40ml	Balsamic Vinegar
120g	240g	Carrot *rinse & peel into ribbons*
100g	200g	Cucumber *rinse & grate*
40ml	80ml	Low Fat Cottage Cheese
3g	5g	Fresh Dill *rinse, pick & roughly chop*
1	2	Wholewheat Tortilla/s
20g	40g	Salad Leaves *rinse & roughly shred*

From Your Kitchen

Seasoning (salt & pepper)
Paper Towel
Water
Cooking Spray (or oil of your choice)

1. NOMU-SPICED CHICKEN Place a pan over medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray or oil (optional) and the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

2. PREP STEP In a bowl, combine the tomato, onion, balsamic vinegar, carrot and seasoning. Mix to combine and allow to marinate. Place the cucumber in a colander, lightly salt and set aside for 5 minutes.

3. TASTY TZATZIKI Gently squeeze the cucumber to drain the excess water the salt has drawn out. In a bowl, combine the cucumber, cottage cheese and ½ the dill. Add some black pepper and set aside.

4. TIME TO TOAST Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

5. IT'S A WRAP! Plate up your wrap and top it with the salad leaves and chicken. Scatter over the marinated balsamic tomato mixture and remaining dill. Dollop over the homemade tzatziki. Enjoy, Chef.